



Midwifery and Gynecological Nursing [2024–2014] Solved Papers

References Taken From:

- Sandeep Kaur, “Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students,” 1st edition, CBS Publishers

Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Midwifery and Gynecological Nursing

2022

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

1. Define the following terms:

[2×5=10]

- a. Hypothermia
- b. Clubfoot
- c. Ovulation
- d. Quickening
- e. Lie

2. a. Define low birth weight.

[2+5+8=15]

- b. Describe the common health problems of low birth weight infant.
- c. Discuss the nursing management of low birth weight infant.

3. Describe the following:

[5×3=15]

- a. Functions of placenta
- b. Threatened abortion
- c. Cesarean section

4. a. Define pregnancy.

[2+5+8=15]

- b. Explain the signs and symptoms of pregnancy.
- c. Describe the physiological changes during pregnancy.

5. Write short notes on any four of the following:

[5×4=20]

- a. Infertility
- b. Antenatal examination
- c. Breastfeeding
- d. Methods of family planning
- e. Labor

occurs. Within 24 hours of ovulation: Sperm fertilizes an egg (conception occurs). About 6 days after fertilization: The fertilized egg implants into uterine lining. Around day 21: If conception and implantation occurred during menstrual cycle, woman becomes pregnant.

d. Quickening

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing" for GNM Nursing Students, 1st edition, CBS Publishers, p. 65)

Answer

Quickening

The first fetal movements felt by a pregnant woman, usually felt between 18 and 22 weeks of gestation.

e. Lie

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing" for GNM Nursing Students, 1st edition, CBS Publishers, p. 109)

Answer

Lie

It is the relationship of the long axis of the fetus with long axis of the mother's uterus. For example, longitudinal, transverse and oblique.

2. a. Define low birth weight.

[2+5+8=15]

Answer

For answer, refer to 2023 paper, Q. 5 (c)

b. Describe the common health problems of low birth weight infant.

Answer

For answer, refer to 2023 paper, Q. 5 (c)

c. Discuss the nursing management of low birth weight infant.

Answer

For answer, refer to 2023 paper, Q. 5 (c)

3. Describe the following:

[5×3=15]

a. Functions of placenta

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing"
for GNM Nursing Students, 1st edition, CBS Publishers, p. 48)

Answer

For answer, refer to 2023 paper, Q. 5 (e)

b. Threatened abortion

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing"
for GNM Nursing Students, 1st edition, CBS Publishers, p. 191)

Answer

For answer, refer to 2023 paper, Q. 3 (a, b, c)

c. Cesarean section

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing"
for GNM Nursing Students, 1st edition, CBS Publishers, p. 440–444)

Answer

Cesarean Section

Nursing Knowledge Tree

An Initiative by CBS Nursing Division

Definition: Cesarean section is an operative procedure whereby the fetus after the end of 8th week is delivered through incision on the abdominal and uterine walls.

Time of Operation

- **Elective cesarean:** When the operation is done at a prearranged time during pregnancy.
The two points—(i) Maturity is certain and (ii) Maturity is uncertain under elective cesarean.
 - **Maturity is certain:** Operation is done about 1 week prior to the expected date of confinement.
 - **Maturity is uncertain:** Ultrasound assessment in first or second trimester if available, is corroborated. Amniocentesis is used to assess fetal lung maturity otherwise wait for spontaneous onset of labor.
- **Emergency cesarean:** It is performed when adverse conditions develop during labor.

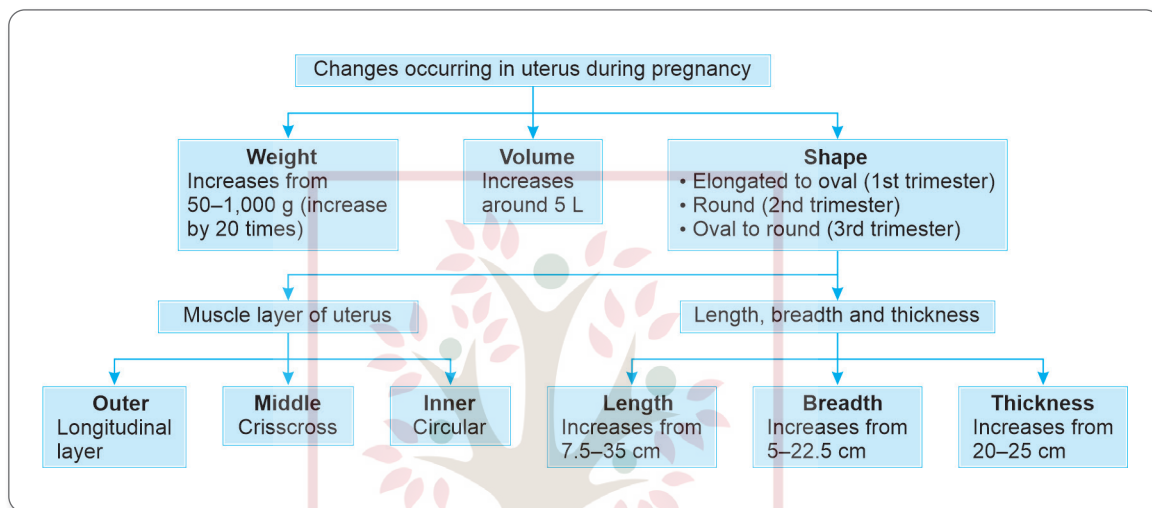
Indications for Cesarean Section

Emergency Cesarean Section

- Cord prolapses
- Uterine rupture or scar dehiscence
- Cephalopelvic disproportion diagnosed in labor.
- Fulminating PIH
- Eclampsia

Reproductive System

Uterus



Cervix

- Length constant, about 2.5 cm.
- Width increases due to hygroscopic effect of estrogen.
- Increased vascularity and looks purple in color.
- Softens in late pregnancy due to Braxton Hicks contraction.
- Local release of prostaglandins helps in ripening of cervix.

Vagina

- Increased vascularity
- Feels soft
- Vaginal secretions become acidic, which were alkaline earlier.

Ovaries and Fallopian Tubes

- Hypertrophy of fallopian tubes and increased vascularity is common.
- Corpus luteum produces progesterone that forms endometrial lining.
- Ovaries produces certain hormones that maintain and regulate pregnancy. For example, estrogen, FSH and progesterone.

Breast

- Breast becomes more vascular
- Weight increase (0.4 kg)
- Secretion of colostrum
- Pigmentation of areola
- Development of Montgomery's tubercles
- Development of secondary areola (in 2nd trimester)

- Determine the fundal height using the ulnar side of the palm
- 12 weeks:** Level of symphysis pubis
- 16 weeks:** Midway between symphysis pubis and umbilicus.
- 20 weeks:** 1–2 finger breadth below umbilicus
- 24 weeks:** Level of umbilicus
- 32 weeks:** Halfway between umbilicus and xiphoid process
- 36 weeks:** At level of xiphoid process
- 40 weeks:** 2–3 finger breadth below the xiphoid process if lightening occurs

In order to estimate if fetal growth corresponds to the gestational period

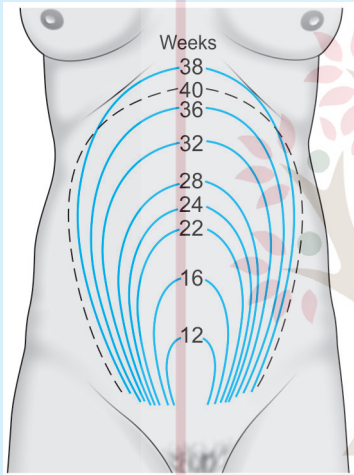


Fig. 1: Fundal height at various weeks of gestation

- Measure fundal height using any one of the following methods:
 - Using measuring tape:

Place zero line of the tape measure on the upper border of the symphysis pubis and stretch the tape across the contour of the abdomen to the top of the fundus along the midline
 - Caliper method (Pelvimeter):
 - ◆ Place one tip of the caliper on the upper border of the symphysis pubis and the other tip at the top of the fundus. Both placements are in the midline
 - ◆ Read the measurement on the centimeter scale located on the arc, close to the joint. The number of centimeters should be equal approximately to the weeks of gestation after about 22–24 weeks.
- Measure the abdominal girth by encircling the woman's abdomen with a tape measure at the level of the umbilicus. (It is measured in inches)



Fig. 2: Measuring fundal height

The number of centimeters measured should be approximately equal to the weeks of gestation after about 22–24 weeks

This method is more accurate.

Normally the measurement is 2 inches (5 cm) less than the weeks of gestation. E.g., 32 inches at 34 weeks gestation. Measurements more than 100 cm (39.5 inches) are abnormal at any week of gestation.

Contd...

**Community Health
Nursing-II
[2024–2014]
Solved Papers**

References Taken From:

- *Krishne Gowda, "Essentials of Sociology for BSc Nursing Students", 1st edition, CBS Publishers*
- *KK Gill, "Textbook of Community Health Nursing-1 for GNM Nursing Students", 1st edition, CBS Publishers*
- *KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students", 1st edition, CBS Publishers*
- *Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students", 1st edition, CBS Publishers*
- *Park, K. (2021) "Parks Textbook of Preventive and Social Medicine", 26th edition, M/S Banarsidas Bhanot, Jabalpur*
- *Panchali Pal, "Textbook of Pediatric Nursing for Nursing Students", 2nd edition, CBS Publishers*

Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Community Health Nursing-II

2024

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

1. Define any five of the following terms:

[2×5=10]

- a. IMR
- b. Population
- c. Community
- d. Vaccine
- e. Death rate

- 2. a. What do you understand by occupational health nursing?**
b. What occupational hazards can occur for a nurse herself?
c. Explain nurse's role in maintaining occupational health.

[2+6+7=15]

3. Write notes on any three of the following:

[5×3=15]

- a. Family planning
- b. RNTCP and DOTS
- c. Fertility and infertility
- d. Common health problems of Indian community

4. Write short notes on any three of the following:

[5×3=15]

- a. Health committee
- b. Geriatric nursing
- c. MTP and PC-PNDT Act
- d. Emergency ambulance services and role of nurse

5. Write short notes on any four of the following:

[5×4=20]

- a. Communicable diseases
- b. WHO and UNICEF
- c. Five-year plans
- d. Mid-day Meal Program
- e. NHM

Community Health Nursing-II 2024

1. Define any five of the following terms:

[2×5=10]

a. IMR

(Ref: KK Gill, "Textbook of Community Health Nursing-1 for GNM Nursing Students", 1st edition, CBS Publishers, p. 121)

Answer

IMR

IMR stands for "Infant mortality rate" which is the ratio of deaths under 1 year of age in a given year to the total number of live births in the same year.

b. Population

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students", Chapter 7: Management of Normal Puerperium, 1st edition, CBS Publishers, p. 168–182)

Answer

Population

Population refers to the total number of individuals, organisms, or objects occupying a particular area or sharing common characteristics.

c. Community

(Ref: KK Gill, "Textbook of Community Health Nursing-1 for GNM Nursing Students", 1st edition, CBS Publishers, p. 3–4)

Answer

Community

Community is "the smallest territorial group that can embrace all aspects of social life."

—Kingsley Davis

d. Vaccine

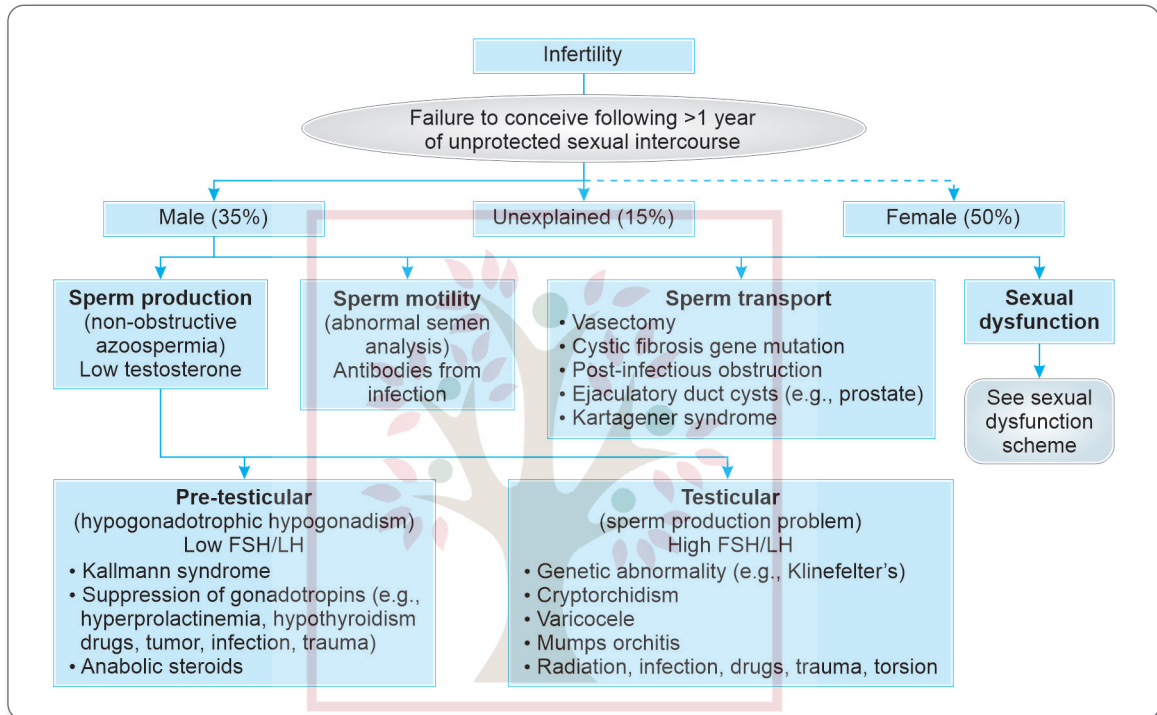
(Ref: Internet)

Answer

Vaccine

A vaccine is a biological preparation that provides active acquired immunity to a particular infectious disease, typically by stimulating the immune system.

Causes of Infertility in Males



Types of Infertility

Infertility can be:

1. **Primary:** Those couples who have never been pregnant
2. **Secondary:** those couples who already have a child but now they fail to conceive again

Management of Infertility

- The mainstay of management is early detection and treatment
- Improving lifestyle and specific behaviors, such as terminating certain drugs, lowering or eliminating dangerous substances, improving frequency and timing of intercourse, exercising frequently, and optimizing other aspects that may otherwise impede fertility, might boost chances of conception.
- Surgery may be able to cure a sperm obstruction and restore fertility in some cases. In some circumstances, medically correcting a varicocele may improve overall pregnancy odds.
- Community health nurse should provide counseling and guidance to the couple
- Provide psychological support to the couples
- Provide provision for genetic counseling
- Tell the couple about the artificial reproductive techniques
- If the cause is not manageable, recommend the adoption services
- Provide psychological support
- Plan regular follow-ups of the couple

by providing primary care, health education, preventive services, and advocacy for underserved communities. Through collaborative efforts involving healthcare providers, policymakers, community leaders, and international partners, India can work toward improving the health and well-being of its population.

4. Write short notes on any three of the following:

[5×3=15]

a. Health Committee

Answer

For answer, refer to 2015 paper, Q.5 (a)

b. Geriatric Nursing

(Ref: Berglund, A.L, Ericsson, K. (2003) *Different Meanings of Quality of Life: A Comparison between what Elderly Persons and Geriatric Staff Believe is of Importance. International Journal of Nursing Practice* 9:112–119.)

Answer

Geriatric Nursing

Introduction

According to the World Health Organization (WHO), heart disease, cancer, and cerebrovascular disease are responsible for over 75% of fatalities among those over 65 in industrialized nations. According to UN estimates, there will be approximately 1200 million individuals aged 65 or older in the world by 2026, and millions of them are not receiving the essential healthcare they require since society and the government are not aware of the issue enough. Today, 1.1 million Indians, or 7% of the population, are over 60.

Age-related issues are a global concern and a social need. This condition cannot be healed. People need to be protected throughout this time from injuries, illnesses, and disabilities.

Geriatric nursing is a specialized field of nursing focused on the care of older adults, typically aged 65 years and older. Geriatric nurses are trained to address the unique physical, emotional, and social needs of elderly patients, including those related to aging, chronic illnesses, and functional decline. They provide comprehensive care to older adults in various healthcare settings, including hospitals, long-term care facilities, assisted living facilities, and home health settings.

Key aspects of geriatric nursing include:

- **Comprehensive assessment:** Geriatric nurses conduct thorough assessments to identify the specific needs and health concerns of older adults, including physical, cognitive, and psychosocial factors.
- **Chronic disease management:** Many older adults have multiple chronic conditions such as hypertension, diabetes, arthritis, and dementia. Geriatric nurses are skilled in managing these complex health issues, coordinating care, and promoting optimal health outcomes.
- **Medication management:** Older adults often take multiple medications, increasing the risk of adverse drug reactions and interactions. Geriatric nurses play a crucial role in medication management, including medication reconciliation, monitoring side effects, and educating patients and caregivers about proper medication administration.

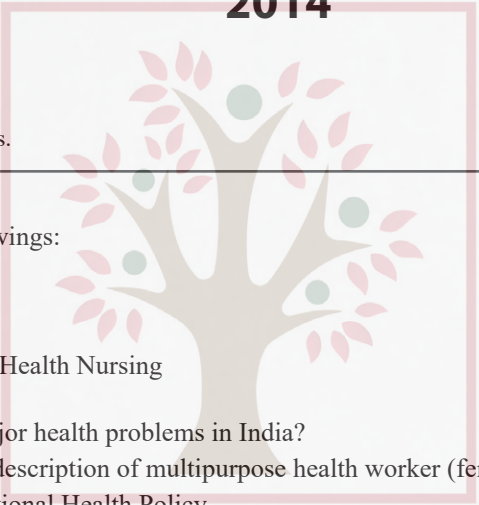
Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Community Health Nursing-II

2014

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

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1. a. Define the followings: [3×5=15]
i. RCH
ii. UNICEF
iii. Eradication
iv. Community Health Nursing
v. ASHA
b. What are the major health problems in India?
c. Explain the job description of multipurpose health worker (female).
2. a. Describe the National Health Policy. [5×3=15]
b. Enlist National Health Programs run by the government
c. Explain about the Revised National Tuberculosis Control Program.
3. a. Discuss in detail the occupational health. [5×3=15]
b. Describe the role of Public Health Nurse in the prevention of occupational diseases.
c. Explain the Health Organizational setup at District level.
4. a. Define the term vital health statistics. [5×3=15]
b. Highlight the various vital statistics and their sources.
c. Importance of birth and death registration
5. Write short note on the following: [5×3=15]
a. Rehabilitation OR ICDS
b. Infertility OR Voluntary Health Agency
c. Functions of sub-center OR School Health Service

Community Health Nursing-II 2014

1. a. Define the following:

[3×5=15]

i. RCH

(Ref: KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students", Unit 4: Specialized Community Health Services and Nurse's Role, 1st edition, CBS Publishers, p. 106)

Answer

RCH

Reproductive and child health (RCH) is a program that promotes safe motherhood, child survival, and extended maternal and child health.

Reproductive and Child Health is referred to by the abbreviation RCH. The program's objective is to combat and reduce the rates of maternal, neonatal, and child mortality. It was launched in October 1997.

It was created in accordance with the suggestions made during the 1994 Cairo International Conference on Population and Development.

ii. UNICEF

(Ref: "UNICEF annual report 2018". www.unicef.org. Retrieved 12 February 2020.)

Answer

UNICEF

UNICEF is an organization of the United Nations responsible for delivering humanitarian and developmental aid to children all over the world. Originally known as the United Nations International Children's Emergency Fund, UNICEF is now officially known as the United Nations Children's Fund.

Or

The only organization officially mentioned in the Convention on the Rights of the Child as a source of professional support and advice is UNICEF, the UN agency is responsible for safeguarding the rights of all children, everywhere, especially the most disadvantaged.

iii. Eradication

(Ref: Internet)

Answer

Eradication

Permanent reduction to zero of the worldwide incidence of infection caused by a specific agent as a result of deliberate efforts; intervention measures are no longer needed. For example, smallpox. —CDC

Or

It is referred to as "eradication" when a specific illness is eliminated globally reducing the number of cases to zero.

- Adequate funding
- A high level of management ability, and
- Strict monitoring of corporate performance based on continual quality improvement principles

c. Explain the Health Organizational setup at District level.

Answer

For answer, refer to 2018 paper, Q. 4 (c)

4. a. Define the term vital health statistics.

[5×3=15]

(Ref: KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students", Unit 9: Health Information System, 1st edition, CBS Publishers, p. 373–380)

Answer

For answer, refer to 2018 paper, Q. 3 (b)

b. Highlight the various vital statistics and their sources.

(Ref: KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students", Unit 9: Health Information System, 1st edition, CBS Publishers, p. 366)

Answer

For answer, refer to 2018 paper, Q. 3 (b)

c. Importance of birth and death registration

Answer

For answer, refer to 2022 paper, Q. 2 (a)

5. Write short note on the following:

[5×3=15]

a. Rehabilitation

Answer

For answer, refer to 2023 paper, Q. 5 (b)

Or

ICDS

Answer

For answer, refer to 2018 paper, Q. 5 (d)